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NUTRITION

Published Monthly by the
Production and Marketing Administration
With the Approval of the Director, Bureau of the Budget

U. S. DEPARTMENT OF AGRICULTURE

JUL 2 1946

News Letter

NUMBER 43

WASHINGTON, D. C.

JANUARY 1946

A HAPPY, PROFITABLE, AND PEACEFUL NEW YEAR

Cordial New Year's Greetings to all State, county, and local nutrition committee members and to the many agencies and organizations which have helped carry the responsibility for a comprehensive education program during all the war years. You have done a difficult job under difficult circumstances and you can be justly proud of your accomplishments.

The year ahead opens up a new era for building still greater progress upon the results of the work of the past few years. Best wishes.

A BRIEF REPORT ON WHITE FLOUR AND WHITE BREAD ENRICHMENT LEGISLATION

Members of the nutrition committees and persons who have otherwise participated in furthering the objectives of the national nutrition program during the war are familiar with progress that has been made in white flour and bread enrichment. Enrichment of white flour and bread was a step recommended early in the defense period by the Food and Nutrition Board of the National Research Council as one means of helping to assure a better nutritional status of the American people.

Originally on a voluntary basis, supported in practice by a large percentage of the milling and baking industries, and later, in the case of bakers of white bread and rolls, made mandatory under War Food Order No. 1, enrichment has been considered as one of the major contributions to the improvement of the basic American dietary. Contrary to the general understanding, this order is still in effect.

Much attention in the past few years has been given to the question of improving the nutritional quality of foods and it is of interest to note the most recent statement of the Council on Foods and Nutrition of the American Medical Association on this subject. Within its stated purpose to encourage efforts

to improve as far as possible the nutritive quality of all foods which contribute importantly to the American diet, the Council restates its endorsement of white flour and bread enrichment, which for a number of years it has favored and encouraged. The statement authorized for publication by the Council appears in full on pages 348 and 349 of the September 29, 1945, issue of the Journal of the American Medical Association. A separate reprint is also available.

Recognizing the desirability of making the enrichment of white flour and bread a permanent practice, several States, between the years 1942-44, enacted State legislation making mandatory the enrichment of white flour or white bread manufactured in those States for human consumption. South Carolina and Louisiana passed such legislation in 1942; Texas and Alabama in 1943; and Mississippi and Kentucky in 1944. With the State trend toward mandatory enrichment, the need for uniformity in such State acts became a factor, the importance of which could not be overlooked. Accordingly, the Council of State governments and Federal administrative agencies in cooperation with the Federal-State Relations Section of the U. S. Department of Justice, through machinery that has been established for facilitating legislative matters of this kind, released in 1944 a suggested "Enrichment of White Flour and Bread Act." This suggested act was available for State use during the 1945 State legislative sessions and during this period Arkansas, Georgia, Indiana, Maine, New Hampshire, New York, North Carolina, North Dakota, Washington, West Virginia, and Wyoming, as well as Hawaii and Puerto Rico, passed enrichment legislation. Altogether, a total of 18 States now have such legislation in force.

The Council of State Governments on December 1 released its 1946-47 Federal-State legislation program in which the suggested Enrichment of White Flour and White Bread is again included. It is anticipated, therefore, that many additional States will be considering the introduction and enactment of enrichment

legislation during these next two legislative years. This suggested legislation is especially important since War Food Order No. 1, previously mentioned, will become inoperative with the expiration of the President's emergency war powers on June 30, 1946, and may be rescinded sooner if the present subsidy on flour is discontinued in the interval.

State nutrition committees and individual State agencies represented on these committees have carried on extensive educational programs in making known to the public the significance of enrichment with respect to the improvement of the nutritional quality of foods widely used in the American diet. Along with white flour and white bread, much interest is also developing in regard to the enrichment of corn meal, another staple extensively used in some sections of the United States. Five States now have laws making the enrichment of corn meal mandatory. Such steps, backed by highest scientific authority in the United States, need to be carried forward. New educational efforts, undertaken by agencies and individuals whose responsibilities and interests are in the field of improving the nutritional status of the people, will do much toward ultimately reaching our goal of maximum health for everyone in this country.

INDUSTRIAL FEEDING PROGRAM

Since the start of the Government's Industrial Feeding Program in the fall of 1942, through October 1945, technical assistance has been given to 2,523 industrial plants and food service operations. At the peak of war production, these plants employed about 7 million workers. About four-fifths of all requests for assistance were received direct from management. Cooperating Federal and local agencies account for most of the remainder.

During the war the practice of industrial feeding has become well established in most of our larger industrial plants. At the conclusion of the war approximately 7 million of our 16 million manufacturing workers were being fed on the job. The concentration of industrial feeding offers an opportunity to reach large numbers of workers easily. A recently completed tabulation of program data for 917 plants, each employing more than 1,000 workers in 71 metropolitan areas, indicated for these plants that:

2.4 million were obtaining midshift meals on the job;
459 plants, located in the 12 largest areas, serve 1.4 million daily;
An additional 0.6 million are fed in 255 plants;
Thus, 714 plants feed 2 million workers daily.

For the coming year the Industrial Feeding Division will continue its emphasis on planning and executing programs which will improve the nutritional status of industrial workers and their families. This will be achieved through:

1. Educational work with managers of industrial feeding services to assure the service of adequate food on the job.
2. Assistance in planning new facilities and redesigning existing facilities.
3. Nutrition education programs for industrial workers in plants to improve their eating habits.

In its nutrition education programs, the Industrial Feeding Division will enlist the cooperation of the food industries in preparing new materials needed to encourage better food selection among workers.

SCHOOL LUNCH PROGRAM

Federal assistance to school lunches under the Department of Agriculture's Community School Lunch Program is showing a continued growth this year. A recent survey of agreements in force and applications pending from eligible schools indicates that the \$50,000,000 available for Federal assistance will not be sufficient to cover demands for the program. Consequently the Production and Marketing Administration offices in 30 States have been requested to discontinue the acceptance of new applications, and expansion of the program has been severely restricted in all other States.

A part of the increased demand on school lunch funds has resulted from programs opening earlier in the school year, and from a higher rate of participation in type A lunches; however, most of the increase is made up of schools coming into the program for the first time. Availability of equipment, removal of the annoyances of rationing, and the release of civic-minded people from volunteer war work have all helped to strengthen the program and to increase the demand for Federal assistance.

Operation of the program this year has been continued exactly as it was last year, even to the extent of renewing last year's agreements with eligible schools. Agreements are in effect with State agencies in 39 States and Territories covering the general operation of the State-wide program, and State financial support of the program remains about the same as last year.

Many expanding programs that have been operating under the handicap of inadequate space and equipment are now making plans for new and efficient kitchens. The Food Distribution Programs Branch has in preparation a series of kitchen lay-outs for various-sized school lunch units based on the type A or complete meal service. The plans will take into consideration approved sanitation and health practices for public eating establishments. In addition to the lay-outs, lists of needed equipment will be included.

Because of the uncertainty of legislation covering future assistance to the school lunch program, it is impossible at this time to make any long-range plans. However, this year's program seems more vigorous than ever, with community interest and participation at an unusually high pitch.

FOOD PROSPECTS FOR 1946

What about food supplies for Americans next year? The USDA predicts a comparatively well-laden table. There will be more ice cream, cheese, condensed and evaporated milk, fluid cream, canned vegetables, and fresh and frozen fish. Eggs and fluid milk will continue plentiful, though the average per person may be smaller than this year. Supplies of chicken, turkey, fresh fruits, potatoes, and cereals will probably be about the same. The USDA forecasts enough meat to allow each person about 145 to 155 pounds, wholesale dressed weight. This compares with 130 pounds this year. Pork, better grades of beef, and veal, butter, margarine, other fats and oils, sugar, and canned fish will still be short.

A word about sugar. Because the world supply in 1946 is expected to be about the same as 1945, it is unlikely that sugar will be ration-free for some time. While world production may increase, stock piles have been so reduced that there is less to draw upon than in the past. For example, the Philippines, which normally supply us yearly with a million tons, must rebuild production

capacity before sizable amounts will be available. Shipments to the USA from the Caribbean area in the first 3 months of 1946 are expected to be much below normal because year-end stocks in that area are very low. The new crop will not begin to move in volume until March. The only world area where there are substantial sugar stocks is Java, and so far none are coming from there because of the internal situation.

If present agricultural plans materialize, the nutrition level of our people will be as high next year as in 1945, higher in several food values than for any year on record. There has been a fairly consistent upward trend for calcium and protein because of the larger supplies of milk. Levels of vitamins A and C are about a fifth higher now, owing to the increased use of citrus fruit, tomatoes, and green and yellow vegetables. We have more iron in our diets since it has been added to white bread and flour. Increases in thiamine, riboflavin, and niacin are partly due to the bread-enrichment program and increased use of milk and meat.

NOTES FROM THE FIELD

WEST VIRGINIA.—Are Your Children Well Fed? is the title of the pamphlet distributed by the West Virginia State Nutrition Committee, which tells, in many ways, by the use of pictures, figures, and pictographs, the results of the nutrition survey conducted by the committee with the help and guidance of Dr. Walter Wilkins. The Basic 7 chart is used as a background on which percentages are written of foods consumed out of that particular group.

One of 10 little boys tells the story that the other 9 did not have enough breakfast; 20 lunch boxes are lined in a row, but only one of those home-packed lunches was health-building. There is also a large C encircling some of the foods in which vitamin C is more prominent.

The pamphlet has been distributed by the three agencies of the State committee making the survey, namely, the State Department of Education, the State Department of Health, and the Agricultural Extension Service. It is being sent into the schools and communities, and into the homes, where it is felt that action is likely to result from its use.

The findings of the survey form the basis for much of the State nutrition program for 1946. For instance, major emphasis will be given to school

lunches, with an educational program on what constitutes a good lunch, and on the importance of having milk available, especially where the children have depended largely on soft drinks and 5-cent cakes for their lunches. Also, the gardening and food preservation program will be directed largely to the growing, preservation, and use of green and yellow vegetables, as well as the vitamin C-rich foods.

ILLINOIS.—The education subcommittee of the State Nutrition Committee has arranged to print a supplement to "A Suggestive Guide for Teaching Nutrition in Illinois Elementary Schools," which was printed through the courtesy of the Illinois War Council and is being distributed through the State Department of Health. Last year's guide was very popular, as can be seen by the fact that almost 25,000 copies were distributed, and requests are still being received. One county believes that teaching nutrition pays because their "before and after" studies show an improvement of from 2 percent to 11 percent in the school children who had the right food!

SOUTH CAROLINA.—Nutrition Workshop: Under the sponsorship of the South Carolina Nutrition Committee and with the assistance of its cooperating members, the second summer workshop in community nutrition was held during July at Winthrop College (women's college of South Carolina). This year's workshop continued for 3 weeks and was attended by teachers, school lunch workers, and community health and nutrition workers. Informative general discussions, in addition to the regular consultations on specific nutrition problems, helped to make the workshop effective. Making the school lunch an integral part of the total nutrition program occupied the attention of a large part of the workshop membership. This workshop in nutrition is now established as a part of the summer session at Winthrop and will offer an opportunity for dealing with South Carolina community nutrition problems.

State appropriation of \$10,000 to Winthrop College, to be used in carrying on nutrition projects throughout the State, resulted from the work of the State committee. This fund will help provide much needed in-service and pre-service training within the State.

NEW MEXICO.—In May 1945, a 2-day Food Preservation Workshop, sponsored by the

State Nutrition Committee, was held in Albuquerque. Mrs. Zella Hale Weyant, research worker with the Kerr Glass Manufacturing Corporation, Sand Springs, Okla., gave the demonstrations and discussions on preservation of food by canning.

Later the Food Preservation Subcommittee voted to tabulate and print the information from the workshop.

The New Mexico State Home Economics Association and the Office of Inter-American Affairs agreed to finance the printing of the material. As a result, 4,000 copies of English and 2,000 copies of the Spanish leaflets were printed for distribution in New Mexico.

"Helps and Hints on Home Canning" is the title of this little leaflet, and "Consejos y Ayudas Para Conservar Alimentos en Casa," the Spanish version.

IOWA.—In Iowa the State Nutrition Committee sponsored a series of school lunch workshops in August. The workshop lasted for 2 days and the program was based on some of the questions which those who had been "running" school programs had been having. Demonstrations, discussions, and talks were the methods used in presenting the information.

FILM STRIP—"THE MYSTERY OF THE MISSING VITAMINS"

An item about this new film strip appeared in the December News Letter. There have been several inquiries regarding the possibility of purchasing prints. They may be obtained from Photo Lab, Inc., 3825 Georgia Ave. NW., Washington, D. C., at 50 cents each, including postage.

Sincerely yours,



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